

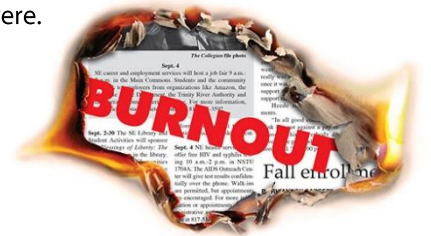


VCE Exam/Study Tip 4: VCE Burnout

Each year, up to a third of VCE students will suffer from some degree of burnout due to their stress levels and study loads getting out of hand.

When stress levels soar, as is common before SACs and exams, the effects can be quite severe.

- We become sick more frequently and fall behind in our studies, resulting in even higher levels of stress.
- As there aren't enough hours in a day to get through everything that needs to be completed, we begin to sleep and eat less, and cut back on social activities.
- It doesn't take long before we become mentally and emotionally exhausted. Our ability to process information decreases, as does our ability to concentrate.
- It takes us longer to complete tasks, so we sleep even less.
- The quality of our work drops significantly, resulting in feelings of despair and self-doubt when our hard work isn't translating into the marks we need.
- Eventually, with everything piling on top of us, we snap. The end result is always the same – a miserable experience, emotional strain, and lower than possible VCE marks.



Common Burnout Causes

The major causes of student burnout have been well documented, and include:

- Overwhelming levels of work.

This usually arises from lack of planning, procrastinating on a regular basis and poor time management skills.

- Investing long hours into your studies with little progress or improvement.

Poor productivity is often caused by insufficient sleep, high anxiety, exhaustion, ineffective learning techniques and weak foundations in the topics you are studying.

- Powerlessness to change things that could reduce stress levels and work loads but are beyond your control.

Examples include unavoidable commitments as well as SAC and exam commencement dates.

Avoiding Burnout

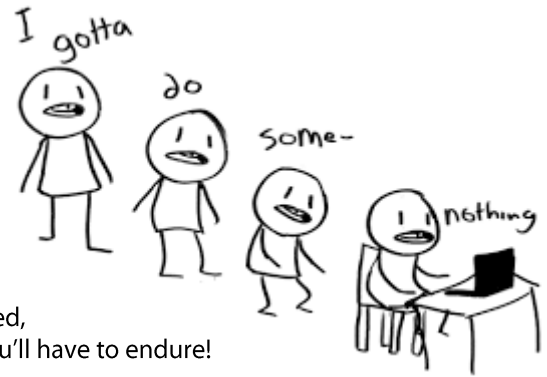
"All you need is the plan, the road map, and the courage to press on to your destination." Earl Nightingale

- Manage procrastination

Accept that you'll eventually have to complete set study-related tasks and get these tasks over and done with.

Not only will you save time (the more you procrastinate, the more you forget, and the longer it takes to complete a task), you'll also feel great knowing that your studies are under control.

So, although you have little choice in which tasks need to be completed, you do have the power to determine how much pain and suffering you'll have to endure!



IT IS WHAT IT IS...
But it will become what you make it

- Get at least 9 hours of sleep if your day has been stressful or you're exhausted, as well as in the weeks leading up to your exams.
- Exercise regularly and schedule at least 30 technology free minutes for yourself, every day.
- Take a quality multivitamin on a daily basis, starting 8 weeks before your first exam.
- Each evening, spend 10 – 15 minutes prioritising your tasks for the next day. Don't forget to align your priorities with your long-term goals.
- Work within your limitations. As an example:

If your tolerance to stress is low or if you find it difficult to concentrate for extended periods of time, start exam preparations earlier.

If you have time-consuming commitments outside school hours, use every free period for study related purposes.

- Use effective and time-saving learning techniques.
- Take advantage of any opportunity that could save you time, such as the TSMX head start and exam revision lectures. Not only is it faster (and easier) to have experienced teachers take you through course materials, you'll also receive a thorough set of A+ notes that will save you countless hours in study time!
- Don't compromise your long-term goals by giving in to short-term gratification.

Even though you certainly deserve to have a study-free summer holiday, you'd be throwing away your only chance to bring Unit 1 and/or Unit 3 stress and study loads to a manageable level.

So put aside as much time as possible across January to revise the topics that have already been covered, and to work through course materials ahead of school. Not only will your stress levels and study loads decrease, you'll develop a bigger lead in the "VCE race" – making it more difficult for your state-wide peers to "catch up", maximising your state-wide ranking and ATAR result.

We therefore strongly recommend that you consider attending a quality head start program such as our "Summer School" before you return to school.



Be the Best You Can Be

You've already invested **12 years of your life** towards your education. And although the marks you achieve in the VCE don't define you, they can have a major impact on how the rest of your life turns out.

If you're studying a Unit 3/4 subject, the time has arrived to **"give it all you've got"**, and to start making **smart decisions** that not only bring you closer to your long-term goals, but that also protect you from burning out and compromising your VCE marks.

Implement the given suggestions as often as you can and put aside between 3 and 4 hours each day across January for your studies. And if this sounds overwhelming, or if there's a chance that you won't be able to commit to this much study across the holidays, then do consider enrolling into our "Summer School".



It
will be
worth
it

www.thelittlestway.com

Wishing you all the best in Units 1 and 3.
TSFX

Get Ahead. Decrease Stress. Maximise Your VCE Marks.
Summer School 2020
www.tsfx.edu.au/ss